

Talking to a friend about their mental health can be awkward, but it can really help.

Just starting a conversation, even if it feels awkward, can make a real difference in someone's life.

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# 5 ways

to start a conversation

1. Hey, we haven't talked in a while. How are you?
2. Are you OK? You don't seem like yourself lately.
3. Hey, you seemed frustrated today. I'm here for you.
4. Seems like something's up. Do you wanna talk about what's going on?
5. I'm worried about you and would like to know what's up so I can help.

Find out how you can help a friend with their mental health at [SeizeTheAwkward.org](https://SeizeTheAwkward.org)



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**SEIZE THE AWKWARD**